

# JOHN MUIR PHYSICAL EDUCATION PROGRAM



**Vision:** All students develop a personal commitment toward a healthy, active lifestyle.

Dear Parents,

The Lake Washington Elementary Physical Education Program is a student centered, highly organized, progressive, developmental program. Our curriculum emphasizes life skills and social skills such as integrity, caring, perseverance, sportsmanship, participation, cooperation, respect for others, fairness and honesty while it nurtures positive choices regarding fitness, health and leisure activities.

A high priority in Physical Education is the display of **sportsmanship** and the regards of safety for self and others. **Your help is appreciated if you would have your child wear safe, flat soled shoes, or tennis shoes and not to wear jewelry on days of Physical Education.** By helping your child to develop skills and positive physical fitness habits at home, it will surely benefit the child now and in the future. Please refer to the list below for your child's PE days. If your child will miss more than **2 consecutive** days of PE please send a parent or doctor's note.

Below is a list of some of the activities your child may be participating in:

Flag football(4-5)	Basketball
Lacrosse(4-5)	Pogo sticks
Bowling	Rope skipping
Volleyball	Floor Hockey
Pickle-ball	Tennis/racket skills
Badminton	Rhythmic dance
Scooters	Individual stations
Gymnastics/Tumbling	Cooperative games
Rope Climbing	Soccer (K-3)
Stilts	Hula hoops
Bike Unit 3-4 (depending on class size)	

“The difference between the impossible and the possible lies in a person’s determination.”  
~~Tommy Lasorda

## PE CLASS SCHEDULE

Arnold— Wed, Friday	Morison—Wed, Friday
Fornia—Mon, Tues, Thurs, Fri	Murk—Mon, Wednesday
Gibbon—Tues, Thurs	O’Brien—Mon, Thursday
Gonzales—Tues, Thurs	Plese—Mon, Thursday
Grinaker—Wed, Friday	Shiels—Tues, Thursday
Henson—Mon, Tues, Thurs, Fri	Short—Tues, Wednesday
Kanehen—Tues, Thursday	Socci—Mon, Tues, Thurs, Fri
Landick/Smith—Mon, Friday	Tanner— Mon, Friday
LeBaron—Tues, Friday	Tucker—Mon, Tues, Thurs, Fri
	Wilson—Mon, Wednesday



If you have any questions concerning the Physical Education program, please feel free to contact me at 936-2640 Thank you for your support.

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